

What is WIC?

2009–2010



WIC is the Special Supplemental Nutrition Program for Women, Infants and Children.

WIC will help you and your family...

- Save money
- Eat well
- Learn about nutrition
- Stay healthy

For eligible families, WIC provides:

- Healthy foods
- Health screenings
- Health and nutrition information
- Help from licensed registered dietitians
- Breastfeeding information and support
- Referrals to health and social services



SUPPLEMENTAL NUTRITION PROGRAM
FOR WOMEN, INFANTS AND CHILDREN

www.healthandwelfare.idaho.gov

Choose WIC!

If you:

- 1) are a resident of Idaho
- 2) are one of the following categories:
 - pregnant
 - breastfeeding a baby under one year of age
 - just had a baby
 - have an infant or child under the age of 5
- 3) have a nutritional need
- 4) meet the income guidelines below

WIC Income Eligibility Guidelines

July 1, 2009 through June 30, 2010

Number of Household Members	Maximum Gross Household Income	
	Per Month	Per Year
1	\$1,670	\$20,036
2	\$2,247	\$26,955
3	\$2,823	\$33,874
4	\$3,400	\$40,793
5	\$3,976	\$47,712
6	\$4,553	\$54,631

*For each additional individual, add \$577/month or \$6,919/year
One pregnant woman counts as 2 household members.*

To apply contact your local WIC office or call
Idaho Careline: 211 or 1-800-926-2588



IDAHO DEPARTMENT OF
HEALTH & WELFARE

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800)795-3272 (voice) or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer.

Costs associated with this publication are available from the Idaho Department of Health and Welfare, Idaho WIC Program, (208) 334-5948. Form 500/E/S. 5/09